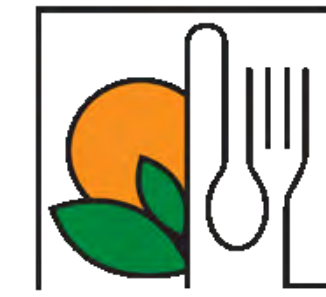




January 2012

Broward Community Charter School West

4-12 T



Preferred Meal Systems, Inc.

preferredmealsystems.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MINI CORN DOGS W/POTATO FUN SHAPES Blue Raspberry Frozen Juice PopCorners</p>	<p>ROTINI PASTA BAKE Cut Green Beans Peach Cup Garlic Bread</p>	<p>CRISPY CHICKEN FILLET (WHOLE GRAIN) Garden Vegetables Funky Fruit Punch Applesauce (all natural) Hamburger Bun Carrot Muffin</p>	<p>MEATLOAF W/TOMATO SAUCE Mashed Potatoes Pear Cup Hamburger Bun Cheddar Goldfish Crackers</p>	<p>CHEESE PISA PIZZA Mixed Fruit Cup Grape Juice Vanilla Cookie</p>
<p>PATTY MELT SANDWICH ON WHOLE WHEAT BREAD Potato Rounds Apple-Cranberry Juice Lemon Cookie</p>	<p>CHICKEN TENDERS (Whole Grain) W/POTATO WEDGES Mixed Fruit Cup Corn Muffin</p>	<p>CHARBROILED HAMBURGER Maple Baked Beans Fresh Banana Hamburger Bun Fritos</p>	<p>HOMESTYLE SALISBURY STEAK W/GRAVY Mashed Potatoes Fresh Pear^ Hamburger Bun</p>	<p>CHEESE PIZZA DIPPERS Marinara Dipping Sauce Baby Carrots Peach Cup Mini Pretzels</p>
<p><i>I Have A Dream</i> <i>Martin Luther King, Jr. Day</i></p>	<p>CHICKEN DIPPERS (whole grain) W/TOMATO PARMESAN SAUCE Applesauce Cup Soft Breadstick</p>	<p>RIB-B-QUE Orange Juice Potato Rounds Hamburger Bun</p>	<p>HOT DOG FRENCH FRIES Fresh Orange Hot Dog Bun</p>	<p>NO SCHOOL</p>
<p>New Item! BAGEL DOG (WHOLE GRAIN) Potato Wedges Apple-Cranberry Juice Goldfish Crackers</p>	<p>SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE Green Garden Peas Mixed Fruit Cup Garlic Bread</p>	<p>BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS Fresh Pear Wheat Bread Fritos</p>	<p>ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) Garden Vegetables Fresh Banana Hamburger Bun</p>	<p>CHEESE PIZZA DIPPERS Marinara Dipping Sauce Baby Carrots Fruited Gelatin Vanilla Cookie</p>
<p>LOW FAT TOASTED CHEESE ON WHEAT BREAD Tomato Soup Grape Juice</p>	<p>POPCORN CHICKEN W/POTATO FUN SHAPES Pineapple Cup Corn Muffin</p>			

*** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK.

*** MENU SUBJECT TO CHANGE.



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